



Individual Augmentee (IA) Deployment Readiness Brief

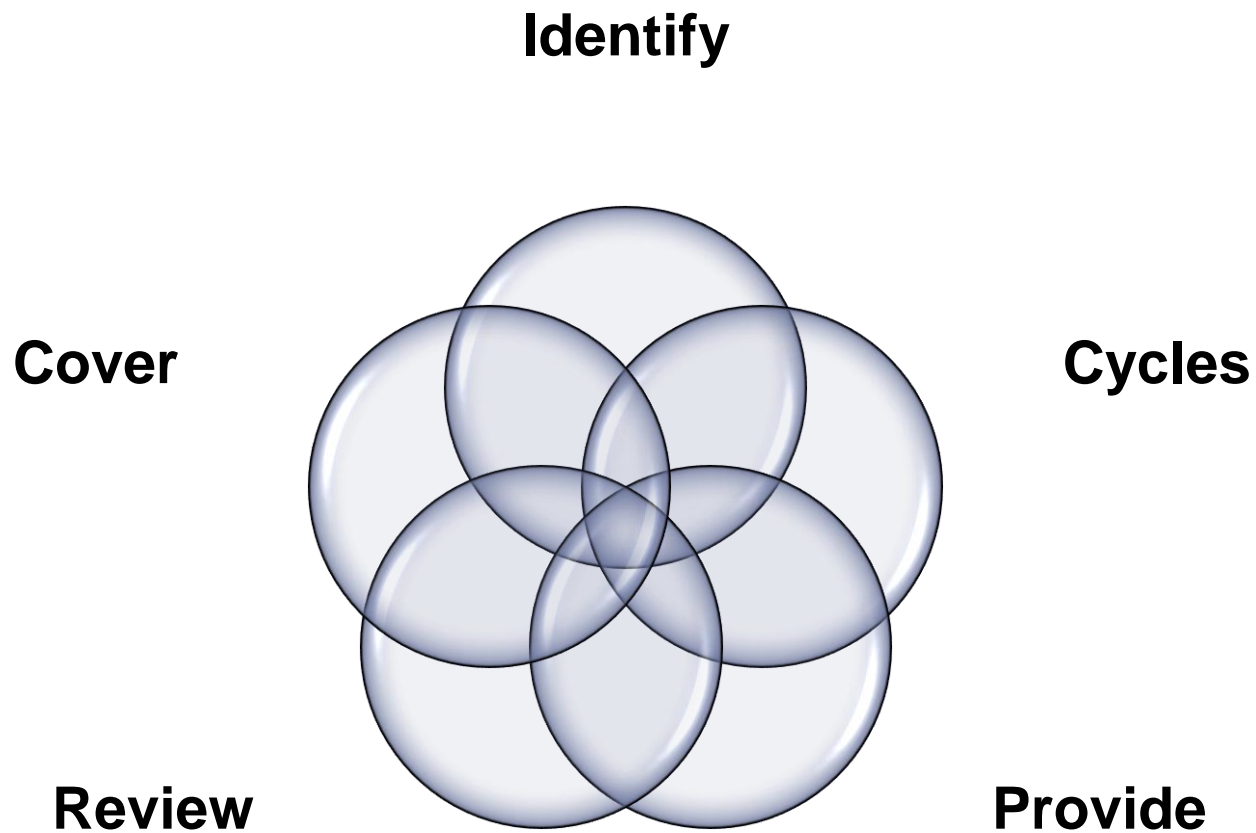


The
Fleet & Family Support
Center

Fleet and Family Support Program



Readiness Goals





What's Different?

- May be embedded
- Ad-hoc Unit
- Training
- R&R leave
- Danger
- Length





US Fleet Forces Command (USFFC)

Executive Agent for IA

FFC website will identify resources that will guide you through areas providing support to the IA Sailor, Family, Command, and Employer.

<http://www.public.navy.mil/ia/pages/index.aspx>

Expeditionary Combat Readiness Center (ECRC)

Administrative Command
for IAs

ECRC IA Family Careline:
1-877-364-4302

Or
(757) 462-4744 ext. 119

Headquartered at JEBLCFS
(Little Creek)



The Process

Parent Command

- IA/OSA/GSA What's the Difference?
- Orders/Noble Eagle Number
- Expeditionary Screening Form (Screening checklist also includes medical for each region)
- Navy Knowledge Online (NKO)
- Medical/Dental
- Security Clearance
- Wills/Power of Attorney (POA)

IA Combat Skills Training

- There are 17 Army training sites used for training Navy IAs.
- Weapons, Gear, and Combat Skills.
- Anywhere from 3 – 45 weeks in length.

Deployment:

- CENTCOM
 - Afghanistan
 - Iraq
 - Horn of Africa
 - Kuwait
 - HOA and other AOR



Navy Mobilization Processing Site (NMPS)

Pre-deployment processing, screening, and uniforms.

NMPS Locations:

Norfolk, VA

San Diego, CA

Gulfport, MS

Port Hueneme, CA



Redeployment/Demobilization

(possible follow-on orders)

- Warrior Transition Program
- Gear and weapons turn-in





Impact of Deployment

Emotional Readiness

- Roller coaster of emotions associated with deployment

Practical Preparations

- Financial Readiness
- Communication
- Resources





Emotional Readiness

Anger or resentment

Depression or sadness

Excitement or anticipation

Anxiety or fea

*Your feelings may change from
one minute to the next!*

This is all typical!





Pre-Deployment Phase

- Feelings based on anticipation of loss
- Time of increasing tension for both partners





Deployment Phase

Rollercoaster of emotions

- Disorganization and confusion
- Training Waypoints (NMPS, NIACT, Arrival in Theatre)

Adjustment and acceptance

- Establishment of new routines





Reunion Phase

Anticipation of homecoming

- What will it be like?

Conflicting emotions

- Apprehension
- Excitement

Adjustment

Everyone must adjust to changes

Plan your homecoming, make sure everyone understands the expectations





Family Readiness

Educate Your Family

- Be “ready to deploy” always
- Navy Family Accountability Assessment System (NFAAS)
- Share information about the deployment
- Emergency Contacts
 - *Command Ombudsman*
 - *American Red Cross*





Ideas that Work

Deployment can be positive!

- Set goals – improve yourself and your relationship
- Take good care of yourself
- Communicate, communicate and communicate!



Emotional Connection

- What are your expectations for contact?



Maintain Communication

E-mail

- Remember it's not always available!

Phone Calls

- DSN
- Commercial / Cellular

Internet Communications

Set it up before you
leave (SKYPE, etc.)

Regular Mail

- Send pictures, tapes,
and care packages. (United Through Reading)





Helping Children Cope

- Know age appropriate reactions/emotions/behavior
- Prepare Children for separation
- Discuss separation/deployment/expectations
- Encourage communication
- Maintain Children's routines
- Monitor Children's Exposure to Media
- Communicate with teacher, guidance counselors, coaches and care-givers.





Financial Readiness

- Develop a spending plan
- Determine who/how to pay bills
- Set savings goals
- Control your credit card usage
- Set goals (what, how much, why)
- Allotments
- Thrift Saving Plan (TSP)
- Pay yourself first





Financial Readiness Cont.

Savings Deposit Program (SDP)

- Deployed to a designated combat zone.
- Serve in designated area for 30 consecutive days or at least (1) day for each of three consecutive months.
- Interest accrues on the account at an annual rate of 10% and compounds quarterly.
- Interest on amounts up to \$10,000.
- SDP stops on day of departure; interest continues to accrue for up to 90 days

Thrift Savings Plan (TSP)

- Tax-Deferred Earnings
- Maximum Contribution \$16,500 Annually
No Matching Funds
- Combat Zone Max Contribution \$46,000
No Matching Funds
- Upon separation from service, many options



Practical Preparations

Document Preparation

- Page 2
- ID cards
- SGLI
- Wills
- Powers of attorney

Home and Vehicle

- Repairs and maintenance
- Insurance





Safeguard your Personal Property

Who to ask?

Where to store



Insurance



Service Member's Personal Readiness

Uniforms

Civilian Clothing

Health and Comfort Items





Opportunities

Put a positive spin on deployment!

- Increase self-knowledge
- Set personal and professional goals
- Get involved
- Maintain a positive attitude



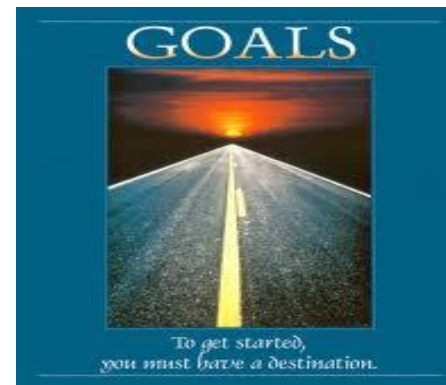
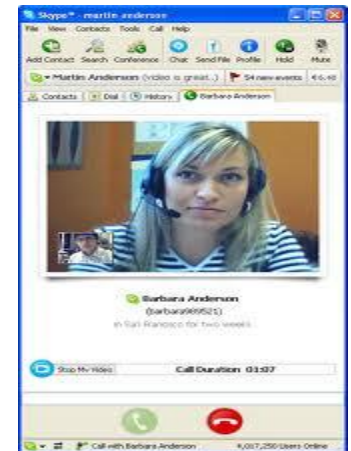


Taking Care of Yourself

Ways to relax

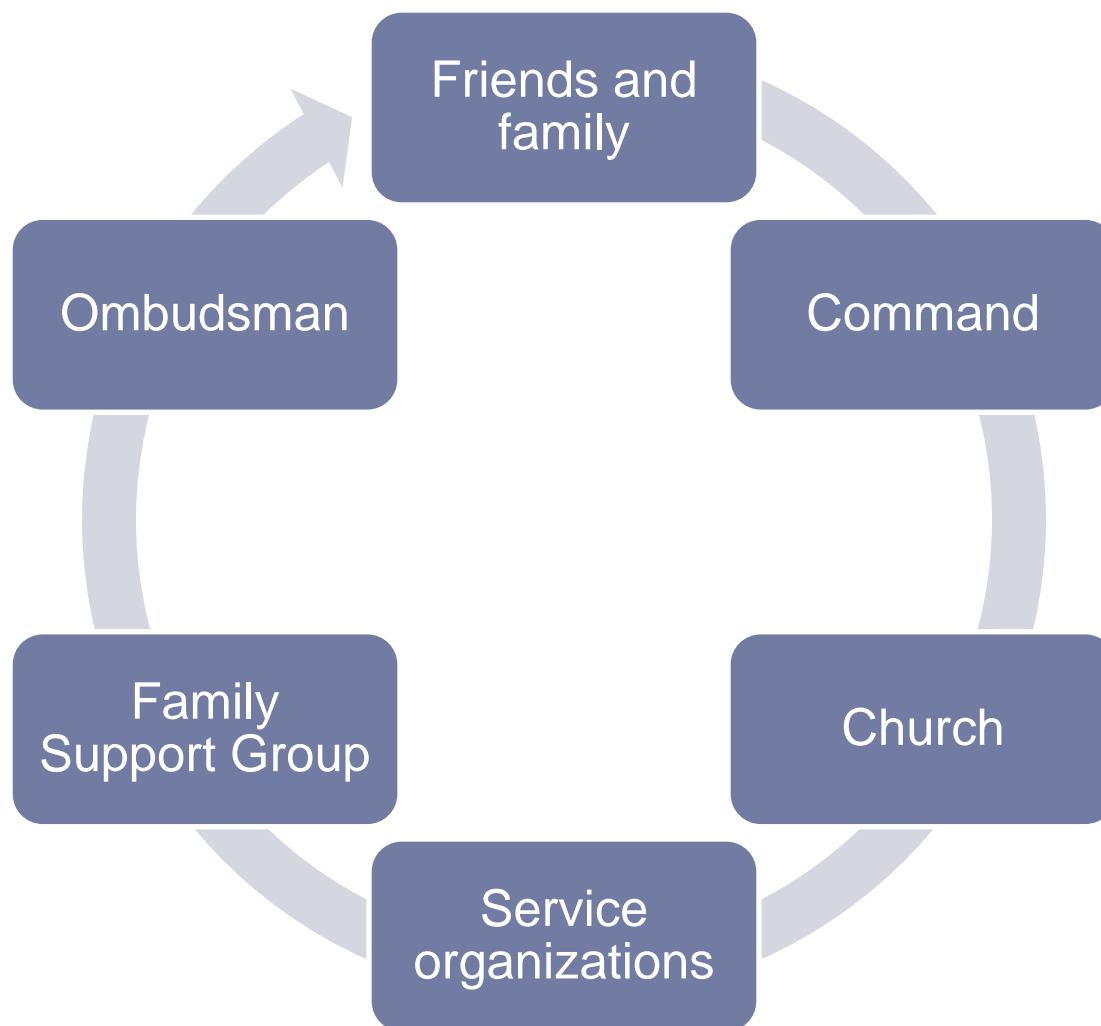
Support Systems

Personal Goals





Support System





Fleet & Family Support Programs

- IA Specific Services
- Parenting Education
- Financial Education
- Life Skills Education
- Relocation Assistance
- Employment Assistance Services
- Clinical Counseling
- Community and Military Resources
- Family Readiness Group Forums
- Ombudsman Training

For more information go to website:
http://www.cnmc.navy.mil/CNIC_HQ_Site



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Before you leave, you ***must*** update or validate your NFAAS information!!

NAVY FAMILY ACCOUNTABILITY AND ASSESSMENT SYSTEM

<https://www.navyfamily.navy.mil>

Take care of you and your family, keep your information up to date!



Questions?

